

IN THE CLAIMS:

Please cancel claims 12-19 without prejudice or disclaimer of the subject matter thereof.

The following is a complete listing of claims in this application.

Claims 1-19 (canceled).

20. (new) Method for adjusting nutrition in a person subjected to physical stress, comprising the steps of:

determining performance capacity of the person by measuring individual anaerobic threshold of the person;

determining a stress state of the person in relation to the measured individual anaerobic threshold; and

regulating at least one of fat, protein and carbohydrate consumption of the person as a function of the determined stress state.

21. (new) Method according to claim 20, wherein performance capacity is determined by measuring lactate accumulation rate ΔA at and above the individual anaerobic threshold.

22. (new) Method according to claim 20, wherein the stress occurs in a person over an extended period of time below the determined individual anaerobic threshold, and the fat and the carbohydrate percentage of the nutrition are adjusted comparatively higher than the protein percentage.

23. (new) Method according to claim 21, wherein the stress occurs with a lactate accumulation rate ΔA approaching ΔA_{\max} , and the protein percentage of the nutrition is adjusted up to several times as with stress at $\Delta A = 0$.

24. (new) Method according to claim 20, wherein the performance capacity determination comprises determining lactate accumulation rate ΔA , comprising the steps of:

measuring time-dependent lactate concentration change

beyond the individual anaerobic threshold,

plotting a measurement curve of measured lactate concentration in relation to time is plotted,

determining a first gradient in the measurement curve at a time t_{IAT} that corresponds to the individual anaerobic threshold,

determining at least one second gradient in the measurement curve at a time t_x with $t_x > t_{IAT}$; and

subtracting the second gradient from the first gradient to determine a difference, which represents the lactate accumulation rate ΔA .

25. (new) Method according to claim 20, wherein the performance capacity is determined under a stress selected from the group consisting of a running test, a swimming test, a stepping test and ergometry with graduated or continuous stress increase with and without breaks.